

Gen. Robinson takes command of PACAF

Headquarters Pacific Air Forces Public Affairs

Gen. Lori Robinson took command of Pacific Air Forces from Gen. Hawk Carlisle Oct. 16 during a change of command ceremony held Oct. 16 at Joint Base Pearl Harbor-Hickam.

Presiding over the ceremony, Air Force Chief of Staff Gen. Mark A. Welsh III praised Carlisle's past accomplishments and expressed confidence in Robinson as the new commander of PACAF.

"Gen. Lori Robinson is a phenomenal leader and a proven operator," Welsh said. "She fully understands what it takes to be successful in this business and has all the tools to take this command to even higher levels of performance."



U.S. Air Force photo by Tech. Sgt. James Stewart

Gen. Lori Robinson (right), Pacific Air Forces commander, receives the PACAF flag from Air During his command, Force Chief of Staff Gen. Mark A. Welsh III during the PACAF change of command ceremony Carlisle executed PACAF's held Oct. 16 at Joint Base Pearl Harbor-Hickam.

U.S. Pacific Command integrated expeditionary Air Force capabilities to defend the homeland, promote stability in the region, dissuade and deter aggression, and swiftly defeat enemies.

In his parting remarks, of countless PACAF Airmen.

"Our mission happens and we are successful because of our Airmen," Carlisle said. "The security and stability of the Indo-Asia-Pacific rests squarely on their shoulders. And I can't think of better shoulders for them to rest on."

Distinguished Service Medal for his accomplishments as commander and tion as the vice commander then received his final salute from the men and Langley-Eustis, Va. During women of PACAF as he her time there, Robinson relinquished command.

primary mission to provide speech, Carlisle offered one final encouragement to PACAF Airmen

"Folks, every Airman matters-from our most senior leaders to our civilian Airmen, to our most junior enlisted. What you do changes lives. What you do Carlisle credited his com- makes the world a better, mand's success to the efforts safer place for our children and for our children's children. You are the best our nation has, and I know you are up to the challenge."

Upon leaving PACAF, Carlisle will assume com-Combat mand of Air Command (ACC).

Robinson is now the first woman to lead a U.S. Air Carlisle was awarded the Force Component Major Command. She joins PACAF from her prior posiof ACC at Joint Base

As he concluded his See PACAF CoC, A-4

Hurricane season is still here – here comes Ana

Karen S. Spangler

Managing Editor, Ho`okele

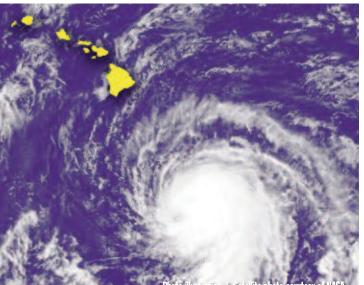
It's nearing the end of hurricane season, but with the approach of vet another tropical storm/potential hurricane, now is not the time to be complacent.

Tropical Storm Ana is now bearing down on the islands and with presstime, Navy Region Hawaii its current trajectory, it is expected to strengthen and is on course to hit the island chain over the weekend. The storm could bring wind gusts of 55 mph and more than 15 inches of rain could occur on all islands. Rough ocean conditions with 20foot waves are also possible.

was the annual BayFest celebration, which was canceled on Tuesday afternoon. Officials at Marine Corps Base Hawaii, Kaneohe, announced that the event would not be held and that they were making the safety of military and civilian personnel the highest priority

Thursday's Ho`okele By placed the installation in Tropical Cyclone Condition of Readiness (TCCOR) 4 which means gale force winds are expected to make landfall within 72 hours.

Tropical Cyclone Conditions of Readiness, or TCCOR, is the system that is used by the military to Military residents are urged to explain the level of preparation osely monitor Navy Region that is recommended to be under-



gency preparedness officials warn island residents about being complacent. They stress that it's not a matter of if the islands will be hit by one of the big storms, but when.

"Tropical cyclones (i.e., hurricanes, typhoons, etc.) are one of the most dangerous and destructive weather events every military family must face in the Pacific. While we hope such a storm misses us, to ensure safety it is critical that service members and their families are prepared," said John W. Whitehouse, regional emergency manager for Navy Region Hawaii.

"As Tropical Storm/Hurricane Ana bears down on the islands of Hawaii, we need to be prepared for the worst and hope for the best. While we have been fortunate that past storms have diminished, we cannot expect that to happen every time. Just look at Hurricane Iniki

Hawaii and Joint Base Pearl taken before a storm arrives. Harbor-Hickam social media for links on info box on page A-4.)

TCCOR 5 means that gale force



are expected within 96 hours. TCCOR 2 - 24 hours before land- TCCOR R - recovery. One of the storm's early victims Other TCCOR stages are: TCCOR fall, TCCOR 1 - 12 hours before

updates on storm conditions (see winds, or winds from 39 to 54 mph, 3 - 48 hours before landfall, landfall, TCCOR 1E - landfall,

Weather forecasters and emer- See HURRICANE ANA, A-4

SS La Jolla Sailors bid farewell to Pearl Harbor

Story and photos by **MC1 Steven Khor**

Submarine Force Pacific Fleet Public Affairs

An audience of Sailors, submarine veterans, and friends and families of the crew of USS La Jolla (SSN 701) gathered Oct. 14 at Lockwood Hall lanai at Maritime Joint Base Pearl Harbor-Hickam to bid farewell to the Los Angeles-class fast multi-national attack submarine, celebrating an active career spanning more than three decades.

La Jolla is scheduled to depart Pearl Harbor en route to Norfolk, Va., where vehicle (DSRV). it will be decommissioned and converted into a moored

nuclear power training at Naval Support Activity Charleston, S.C.

During its 33-year career serving the U.S. Submarine Force, La Jolla had many "firsts," including the first of the Los Angeles-class of submarines to be homeported in San Diego; the first to participate in the Japan Self-Defense Force and Korean Maritime Self-Defense Force's first exercise. Pacific Reach 2004; the first to deploy overseas with the advanced AN/BQQ-5D sonar system on board; and the first to be fitted with the deep submergence rescue

Rear Adm. Phil Sawyer, the commander of training ship (MTS), serving Submarine Force, U.S. as a training platform for Pacific Fleet, who was guest



Jeff Fishbeck, retired captain and former commanding officer of the Los Angeles-class, fast attack submarine USS La Jolla (SSN 701, presents a poster to Rear Adm. Phil Sawyer, commander of Submarine Force, U.S. Pacific Fleet, as a token of appreciation for Sawyer's service as the 10th commanding officer of La Jolla, during a farewell ceremony held Oct. 14 at Joint Base Pearl Harbor-Hickam.

speaker, said it was an missile in 1983. honor to have served aboard La Jolla as the ship's 10th one of only three Los commanding officer and, Angeles-class submarines more importantly, thanked certified for dry-deck shelter helped make La Jolla such a the integration of submasuccessful warship over the years.

"To the officers and crew of USS La Jolla, please accept my profound gratitude for all that you do, day in and day out, for our submarine force, our Navy and our nation," said Sawyer.

commodore The of Submarine Squadron 1, also highlighted some of La support of the Navy's nucle-Jolla's significant achievethe early stages of the highly successful Tomahawk the submarine force.' missile program and the first submerged launch of a See USS LA JOLLA, A-8

He said that La Jolla was all the individuals who operations, contributing to rine and naval special warfare operations.

"I am sure many of you who have served on board one of our first flight 688 (Los Angeles-class) classics will argue that there is no better submarine," said Ganteaume.

"My very best wishes for continued success during Capt. Harry Ganteaume, the upcoming conversion in ar propulsion program, one ments, including its role in that will certainly be vital to the future of our Navy and

Navy Energy Conference planned for Oct. 30 at Ford Island

Command Hawaii

Navy building managers, building energy monitors (BEM), and other interested military and civilian employees at Joint Base building managers and BEMs Pearl harbor-Hickam are invited and includes a 10 a.m. and 1 p.m.

Naval Facilities Engineering to attend an Energy and Water one-hour session. In observance of and tools that can be purchased 8:30 a.m. to 3 p.m. Oct. 30 at the

> (building 89). This event is to educate Navy

Awareness event scheduled for Energy Awareness Month, there will also be educational booths in Ford Island Conference Center the lobby of the conference center from the Navy's energy and water and sustainable design. partners.

> Items of interest will include: • Energy efficient materials

> > See page A-4

for buildings.

• Examples of successful energy/water conservation projects

• Energy impacts on state/local economy.

Energy rebate programs.

• Energy and water reduction goals/legislation.

• Biofuels, alternative/renew able energy sources.

For more information, contact Amy Hanada, 474-5220, extension 3, or Katie Ramirez, 471-0440, extension 4.



JBPHH provides temporary home to Navy aircraft See page A-2



Hawaii Sailors celebrate Hispanic Heritage Month See page A-2



Base brings burner to beetle battle to help prevent spread See page A-6

Satellite vehicle registration office

at joint base closed temporarily



Federal Fire Department promotes awareness See page B-1

Halloween events, safety tips See page B-6

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JBPHH provides temporary home to Navy aircraft

Story and photo by Tech. Sgt. Terri Paden

15th Wing Public Affairs

Navy and Marine Corps aircraft temporarily relocated to Joint Base Pearl Harbor-Hickam (JBPHH) due to airfield construction at Marine Corps Air Station Hawaii, Kaneohe Bay and commenced flying operations at JBPHH on Oct. 1.

The 18 aircraft from 12 Navy P-3 Orions, four C-20 Gulfstreams, two MK-58 Hawker Hunters and more than 175 maintainers and aircrew members, will perform their primary mission of anti-submarine, anti-surface warfare and intelligence, surveillance and reconnaissance from Hickam for the next two months.

According to Glen Bailey, 15th Wing plans and pro- ue to execute 24-hour opera- we do as an air wing without ships we built last time we the working relationship defense team."



Kaneohe Bay, which include A P-3 Orion maritime patrol aircraft sits next to a C-17 Globemaster III on the Joint Base Pearl Harbor-Hickam, flightline Oct. 2. Navy and Marine Corps aircraft have temporarily relocated to JBPHH due to airfield construction at Marine Corps Air Station Kaneohe Bay. The aircraft commenced flying operations here Oct. 1.

chief, this is the fourth time Kaneohe Bay has deployed its fixed-wing aircraft to JBPHH in the past six years due to an ongoing runway construction project. The units are expected to return in 2015 and 2016. While at

grams support agreements tions, providing maintenance and aircrew support as normal.

"We wouldn't have been able to do our mission if we had not relocated here," said Cmdr. Katrina Hill, VP-9 commanding officer. "With the runway work going on at great because we are contin-Hickam, the unit will contin- K-Bay, we could not do what using to work on relation-

the help of the JBPHH team.' Hill said the move

required support for ground equipment and personnel and training on local security and safety procedures.

The relocation has gone

were here," she said. "We could not have asked for more hospitality from the Air Force."

Navy Capt. Lance Scott, Patrol and Reconnaissance Wing Two commander, said the temporary relocation has provided the two units with

between services.

"We had no concerns coming into this based on the strong relationship we share with the wing," he said. "This is another opportunity for us to reinforce our joint relationship and interoperability, which is critical to how we fight as a military."

Scott attributes the unit's seamless transition from Kaneohe Bay to Hickam to the strong partnership between the units.

It took a combined effort between the 15th Wing, JBPHH and 735th Air Mobility Squadron personnel to make the bed-down a success

"We're happy to help out our Navy counterparts during their airfield construction," said Col. Randy Huiss, 15th Wing commander. "This is what being a mission partner means, that an opportunity to strengthen we're all part of one big

Hawaii Sailors celebrate Hispanic Heritage Month

Story and photo by MC2 Diana Quinlan

Navy Public Affairs Support Element West, Detachment Hawaii

Sailors of Joint Base Pearl Harbor-Hickam celebrated Hispanic Heritage Month at the historic Sharkey Theatre and attended a Hispanic-themed lunch at the Silver Dolphin Bistro on Oct.15.

During the ceremony, Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam (JBPHH), spoke on the importance of recognizing diversity in the Navy, emphasizing the people in the service and their dedication to their jobs. He motivated current and future leaders to care about the people who work for his career as an E-1, advancing to them, their cultures, background the rank of chief petty officer and their heritage.

in the Navy is travel: You get to go to becoming an officer and dedi-

to other countries and learn about other cultures, to experience them," said Keeve.

"And here today we have one of the largest cultures in the Navy, in the nation and it is growing. So I applaud you for being here today, for serving this nation, because this is all about one thing - people, about knowing people of different races, different backgrounds, and it is all about teamwork," he said.

According to the U.S. Census Bureau, Hispanic Americans make up more than 17 percent of the U.S. population, and that percentage is growing.

Lt. Cmdr. Alex Torres, assigned to JBPHH, served as a guest speaker at the event and shared his story of success in the Navy. A Puerto Rico native, Torres started while serving in the submarine "One of the advantages of being community, and pushed forward



Dancers Greg "Salsaman" Henry and Ariel del Rosario perform to the musical accompaniment provided by Boatswain's Mate 1st Class Leszek Romero, assigned to commander, Navy Region Hawaii, during a Hispanic Heritage Month celebration held at Sharkey Theatre, Joint Base Pearl Harbor-Hickam.

cating 26 years to the service. inspired him to succeed. Torres also spoke of the military "We can talk at length about legacy and the leaders who our Spanish ancestry all the way

up to today, and I am very proud of the legacy we have played, the role we carried in the history of the United States and in our Navy," shared Torres as he spoke of the future of the Navy.

"It doesn't matter who you are, the future is you, sitting in this crowd, and the other Sailors who are working with you or are standing the watch. I am where I am because of my Sailors. I lead them and they execute. I put the plan together and they make it happen. I'm standing here because people have faith and hope in me," Torres said.

As part of the ceremony, dancers Greg "Salsaman" Henry and Ariel del Rosario of the Hot Salsa Hawaii, performed various Hispanic dances, from salsa to merengue, to the musical accompaniment provided bv Boatswain's Mate 1st Class Leszek Romero, assigned to Navy

See HISPANIC HERITAGE, A-4

Energy Action Month: Moving from brown to green

Rear Adm. **Rick Williams**

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

This is one of several energy-themed commentaries for Energy Action Month in October. Later in the month, in part II, I'll discuss more specifics about energy goals: innovation, incentives and investment. Today's commentary is about embracing change.

The Navy prefers to call this Energy Action Month because we need our "energy fuels and toward the green. warriors" to go from awareness to acceleration. We need to move out of the brown lane of dirty fossil



Rear Adm. Rick Williams

servation.

the fight longer, refuel less often and reduce risk across the board. The Navy is going through

an energy transformation from a consumer of energy to

"prosumer" (producer/consumer) with the ability to generate our own ways to make electricity. This transformation will be defined by technology and cooperation, such as our energy partnership between the Navy, other agencies and industry here in Hawaii.

Hawaii is a perfect location to consider energy and the environment. Not only are we stationed in the most beautiful place in the world, but also – because of geography – we are in one of the When we do, we stay in most energy dependent future.

places on earth. Therefore, we want more resilience and independence while preserving the environment.

Change is being driven by new technologies in renewable energy. Solar power and battery storage are making first-order possibilities open up with new discoveries being made. The potential for new energy options is real.

Until recently, solar worked only when the sun was shining. It did not provide a reliable 24/7 power base. However, new opportunities in liquid metal batteries that can store solar energy like 30-kilowatt hours of energy for each home per day will soon be in our

agencies and industry partners. Our goal is to develop battery storage capacity so we can achieve grid parity – becomes cheaper than fuelsourced energy: From brown to green. I'm confident we can do this in the next few vears.

Last summer, RIMPAC interaction. ships again demonstrated the Great Green Fleet concept in Hawaiian waters. energy and new tactics could energywarrior@navy.mil or be part of our energy warriors' arsenal as the team reach page on the Navy USS aboard

Navy Region is partnering with NAVFAC and design-Murphy (DDG 112) proved. Winner of the 4th Quarter Winner of the 4th Quarter ing plans to leverage these FY 2014 MIDPAC energy opportunities with other conservation award, Michael Murphy burned 20 percent below the average for guidas much solar power and ed-missile destroyers and saving \$726,000 in unconsumed fuel, thereby staying the point where solar on station and in the fight longer.

> In the days ahead, you'll be seeing more about the "Energy Warrior" in apps and videos and social media

This is a team effort, and everyone is on the team as an energy warrior. For more We showed how renewable info, please consider going to check out our energy out-Michael Region Hawaii website.

Make a difference—vote

And we need more use of

renewables and better con-

Navy Installations

WASHINGTON (NNS) --With the Nov. 4 general election fast approaching, now is the time to register to vote. All 435 House of Representatives seats and 33 of 100 Senate seats, along with many important hate for an eligible voter to state and local offices, will be up for grabs, so your vote matters

ance Program (NVAP) is lot and would like to vote,

Diverse

Command Public Affairs navigate through the absentee voting process.

you know where to go," said the drop-down menu Lt. Whitney Abraham, the Navy's voting action officer at Navy Installations Command. "Just a click of a button and you're there. I'd miss out because he or she thought it was too difficult." For Sailors who have not

The Navy Voting Assist- requested an absentee bal-

available to help Sailors they may do so immediately is the time to use the Fedby visiting www.fvap.gov /military-voter. Individuals "The process is easy if just select their state from The online assistant

> and then choose what they are trying to do,

whether it is to register to vote, request an absentee ballot. or update his or her voter

information. "The Federal

Voting Assistance Program website guides you through completing a Federal Postcard Application that's your formal registration and a request for an absentee ballot," said Abraham.

If Sailors have already requested their state ballot but haven't received it, now email at vote@navy.mil.

eral Write-In Absentee Ballot (FWAB) as a back-up. at FVAP.gov will prepopulate the FWAB with candidate

> lists, depending on the congressional district. If Sailors receive their state ballot after submitting the FWAB,

individuals should vote and return the state ballot regardless

Sailors are encouraged to pass this information on to spouses, voting-age dependents, other military voters, and overseas voters. For further assistance, contact vour unit or installation voting assistance officer, or BayFest is canceled

MARINE CORPS BASE HAWAI—BayFest, scheduled for Oct. 17-19, has been canceled due to emergency preparations in advance of Tropical Storm Ana. Tropical Storm Ana is currently tracking a direct path to hit the Hawaiian Islands this weekend.

As Ana trends toward hurricane strength, the safety of military and civilian personnel is the first priority of Marine Corps Base Hawaii. As the state of Hawaii readies for its second largescale storm $_{\mathrm{this}}$ hurricane season, MCB Hawaii must prepare for emergency operations, as needed, on base and throughout the state.

sion of BayFest has been tion.

to foster and enhance relations between the military and civilian communities, and MCB Hawaii looks forward to hosting BayFest again in future years

MCB Hawaii is now shifting focus from the planning and execution of a community relations event, to planning emergency support for on-base personnel and their families, as well as the neighboring community. should it become necessary

Pre-purchased tickets will be refunded. For refund information, call Information, Tickets and Tours at 254-7563. Visit the BayFest website www.bayfesthawaii.com For 22 years, the mis- for updates and informa-



STG3 Adrianna Dominguez TPU

"I would say that I wish I wasn't so dependent on electronics or technology.

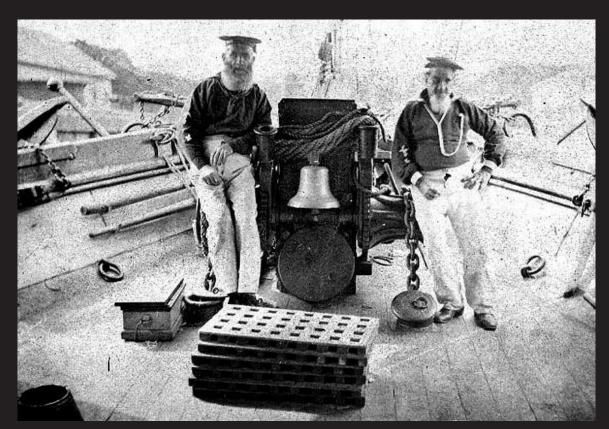
How would you like your life to

be different 10 years from now?

Tech. Sgt. David Litwin 17th Operational Weather Squadron



Sailors stand watch aboard USS Ohio



'Ideally, I'd be preparing for retirement and looking for a perfect place to settle down."





L.t. Albert Perry USS City of Corpus Christi (SSN 705)

"I would like to have less paperwork to do so I can spend more time with family and friends."

Cheryl Feigenspan 15th Aerospace Medicine Squadron



"In 10 years, I hope I'm living somewhere on the mainland. I'm a local girl, but I'm ready for a change in my life. Having summer weather all year round is getting a bit boring for me."

ET2 Brian O'Neill

USS Cheyenne (SSN 773)



"I would see more of the world. I would probably be out of the Navy in all reality, but definitely traveling and setting foot on every continent."

Airman 1st Class Mauricio Rivera 735th Air Mobility Squadron

"In 10 years from now, I would like to be doing something I really love, like teaching or counseling. I have always had a need for helping others and to be settled down with a family. Basically all things money cannot buy.'





Senior Airman Margret Noll 15th Medical Support Squadron

"In 10 years from now, I hope I will be able to say I have traveled all around the world, and that I will have had many great experiences with my family."

Provided by Lt. j.g. Eric Galassi and David D. Underwood Jr.

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

U.S. Naval History and Heritage Command photograph

Two "old salts" stand on the forecastle of the USS Ohio circa the 1870s. Note the rating badges on their right sleeves. Also seen are a bell, winch, chain and gratings. The U.S. Navy has a long history dating back to October 1775, 239 years ago this month.

HO'OKELE

Ho'okele is a free unofficial paper ment thereof.

Director, Navy Region Hawaii Public Affairs Agnes Tauyan Deputy Director,

Public Affairs **Bill Doughty** Director, Joint Base

Pearl Harbor-Hickam Public Affairs Grace Hew Len

Karen Spangler

Chief Staff Officer Capt. Douglas Holderman

Commander,

Navy Region Hawaii

Rear Adm. Rick Williams

Chief of Staff

Capt. Mark Manfredi

Randy Dela Cruz

published every Friday by The Hon- The civilian publisher, The Honolulu olulu Star Advertiser 500 Ala Moana Star Advertiser, is responsible for Boulevard Suite 7-500 Honolulu commercial advertising, which may Hawaii 96813, a private firm in no be purchased by calling (808) 521way connected with DoD, the 9111. U. S. Navy, Air Force or Marine The appearance of advertising in Corps, under exclusive contract with this newspaper, including inserts or Commander, Navy Region Hawaii. All editorial content is prepared, endorsement of the products and edited, provided and approved by services advertised by the Departthe staff of the Commander, Navy ment of Defense, the U.S. Navy, Air Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Navy Region Hawaii or The Honolulu Harbor, Hawaii, 96860-4884, Tele- Star Advertiser, phone: (808) 473-2888; fax (808) Everything advertised in this paper 473-2876; e-mail address: shall be made available for pureditor@hookelenews.com World chase, use or patronage without re-Wide Web address: https://www.cnic. gard to race, color, religion, gender, navy.mil/Hawaii/ or www.hookele national origin, age, marital status, news.com.

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Commander, Joint Base Pearl Harbor-Hickam Capt. Stanley Keeve Jr. Deputy Commander Col. David Kirkendall

Managing Editor

Editor

Don Robbins

Assistant Editor **Brandon Bosworth**

Sports Editor

Sr. Graphic Artist Antonio Verceluz

Kimbrough assumes command of 37th IS

Lt. Col. Timothy D. Kimbrough (right), commander of 37th Intelligence Squadron, accepts the guidon from Col. Parker H. Wright (left), commander of 659th Intelligence, Surveillance and Reconnaissance Group, Ft. George G. Meade, Md., during the deactivation of the 7th Intelligence Squadron, Detachment 3, and the activation of the 37th Intelligence Squadron. The ceremony was held Oct. 10 at the Pacific Aviation Museum, Ford Island.

U.S. Air Force photo by David D. Underwood Jr.



Gen. Carlisle heads to Air Combat Command

Continued from A-1

oversaw approximately 83,000 active-duty and civilian personnel operating, maintaining and supporting approximately1,300 aircraft at more than 50 locations worldwide.

Upon receiving the PACAF flag from Welsh, Robinson received her first salute as the new PACAF commander and expressed her thanks to the assembled crowd.

and confidence in selecting

mand at a time when Pacific Command commanregional and global events pose increasingly serious challenges to the international community and to PACOM's joint mission. our own national security,' Robinson said.

Robinson now leads Airmen throughout an area of responsibility that covers more than 100 million of responsibility," she said. square miles that extends from the west coast of the United States to the east coast of Africa and from the best military advice on how "Thank you for your trust Arctic to the Antarctic.

me to lead this critical com- Robinson addressed U.S. your priorities."

"As you well know, airpower brings a unique, warriors and diplomats. asymmetric advantage, with speed, range and flexi-

"I pledge to be a full-up partner and component commander, providing my airpower and other PACAF During the ceremony, capabilities can best serve you," she said.

Lastly, Robinson der, Adm. Samuel Locklear, affirmed her commitment expressing her dedication to to support PACAF Airmen bring air power to as they continue to execute the command's mission.

"You are our front line You and your families are the heart and soul of the bility to this immense area command. And you are the reason why the Air Force is indisputably the best Air Force in the world.'

Robinson stated. "I pledge to listen to you and to faithfully represent

Hispanic heritage highlighted at joint base

Continued from A-2

Region Hawaii. They invited everyone in attendance to join in and be a part of the celebration.

Romero, who was born in Honduras, also shared his personal story, starting his career with minimal knowledge of the English language and rising to the rank of petty officer first class as he continues to strive forward. With fulfilling career and the variety of experiences, Romero encouraged Sailors of all cultures and backgrounds to use advantage and motivation to succeed. After the ceremony, guests were

invited to take part in a Hispanicthemed lunch at Silver Dolphin Bistro, which included such dishes as aguado de pollo, lechon asado, papas chorreadas, Brazilian collard, piononitos, caraotas and many other dishes.

The tradition of observing Hispanic Heritage began Sept. 17, 1968 when President Lyndon B. Johnson designated a week in mid-September as National Hispanic Heritage Week.

their heritage and diversity as an Twenty years later in 1988, President Ronald Reagan extended that week to a month-long observance beginning Sept. 15 and ending Oct. 15 to celebrate the contributions and culture of citizens of Latin American descent.

National Hispanic Heritage Month also celebrates the anniversary of the independence of five Latin American countries on Sept. 15: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico celebrates their day of independence on Sept. 16 and Chile on Sept. 18.

Satellite vehicle registration office at joint base closed temporarily

The City & County of Honolulu's Pearl Harbor Satellite Vehicle Registration Office is temporarily closed until further notice. Please visit one of the other nine Satellite City Hall locations on Oahu: http://www1.honolulu.gov/csd/satellite/.

Hurricane Ana

Continued from A-1

and the damage it caused to Kauai," he said.

"Prepare early by making a plan, building a kit, and staying informed,' Whitehouse advised.

Daniel DuBois, emergency management officer for Joint Base Pearl Harbor-Hickam, provided recommendations for island residents as they prepare for the coming storm.

"The key thing is having a family emergency plan in place and knowing where you're going to go," advised DuBois. He said that residents should be familiar with the location of evacuation shelters.

He also stressed the importance of having an emergency kit. "Having an emergency kit is very important-with enough food and water to last your family for three to seven days, medications, etc. and making sure that you have pare-and-be-aware-3/

at least \$250 in cash," he said. With widespread power outages, ATMs (automated teller machines) would not be operable and couldn't dispense money.

"Make sure that important documents, such as your homeowners' insurance papers and health paperwork, are in waterproof containers and take those with you to the evacuation shelter," he said.

DuBois stressed the importance of residents collecting the food, water, batteries and other supplies that they need ahead of time. Too often, people wait until the last minute to purchase plywood and board up their homes, purchase the necessary supplies, etc., he noted.

For more information about hurricane/emergency preparation, visit: http://www.hookelenews.co m/its-hurricane-season-pre-

Where to find emergency preparedness information

- Navy Region Hawaii www.facebook.com/Navy RegionHawaii
- JBPHH www.facebook.com/JointBasePearl HarborHickam
- Navy Region Hawaii website: www.cnic.navy. mil/hawaii
- JBPHH website: www.cnic.navy.mil/Pearl Harbor-Hickam
- Joint Base Pearl Harbor-Hickam TV (Channel 2): Hurricane information on Joint Base TV 2 will be on the text crawl 24 hours a day, seven days a week.
- Department of Emergency Management (DEM): Information is available on the DEM website at www.honolulu.gov/dem or by calling 723-8960. Residents can also call the DEM office and request a free packet of hurricane readiness information
- JBPHH Office of Emergency Management: Call 421-4000 or 448-2741 for emergency preparedness information.
- CNIC Ready Navy: http://www.ready.navy.mil/
- Air Force: http://www.beready.af.mil/
- FEMA: http://www.ready.gov/
- Hawaii: http://www.honolulu.gov/dem.html
- Honolulu: http://www.honolulu.gov/dem.html

Pearl Harbor-Hickam Highlights



U.S. Navy photo by MCCS Michael Lewis Adm. Harry Harris Jr., commander of U.S. Pacific Fleet, gives a presentation about the United States' rebalance to the Pacific to more than 50 Canadian officers at the Naval Officer's Training Center in Victoria Canada on Oct. 7.





(Above) Chief Boatswain's Mate Omar Navarro, assigned to Commander, Navy Region Hawaii, rings USS Arizona's original bell during the 239th Navy Birthday Bell Ringing Ceremony held Oct. 10 at the World War II Valor in the Pacific National Monument Pearl Harbor Visitor Center.

U.S. Navy photo by MC3 Johans Chavarro

U.S. Air Force Airmen tread water and move toward an objective during a survival, evasion, resistance and escape (SERE) water survival refresher course Oct. 6, at Joint Base Pearl Harbor-Hickam, Hawaii.

U.S. Air Force photo by Staff Sgt. Christopher Hubenthal







U.S. Navy photo A boy prepares to throw a spear in the *maka ihe* competition at the *makahiki* festival. *Maka ihe* tests the ancient Hawaiian battle skill of throwing a spear with strength and accuracy. The annual *makahiki* festival will be held beginning at 9 a.m. Nov, 8 at Hickam Harbor Beach in front of Sam Choy's Seafood Grille.



Photo by Lt. Cmdr. Michael M. Barksdale

Sailors man the rails and sails as the Mexican ship ARM Cuauhtémoc departs Honolulu Harbor on Oct. 10 as part of its America 2014 global training cruise. Throughout its history, the ship has sailed the seas of the world to transmit a global message of friendship and goodwill. It arrived in Honolulu on Oct. 6.

(Left to right): Lt. j.g. Veronica Guadarrama, a crewmember; Capt. Juan Verra, Cuauhtémoc commanding officer; Capt. Eric Weilenman, USS Port Royal (CG 73) CO; Consul Andres Roemer; and Cmdr. Ricardo Hernandez, a crewmember, attend a meet and greet aboard the ship after its arrival in Honolulu on Oct. 6.

Photo by Lt. j.g. Chase Gentilhomme

Base brings burner to beetle battle to help prevent spread

Story and photo by Lt. j.g. Eric Galassi

Navy Region Hawaii Public Affairs

The team working to eradicate the invasive coconut rhinoceros beetle (CRB) recently received a new air curtain burner to help assist efforts to prevent the spread of the beetle and eventually eliminate it entirely from the island.

The air curtain burner was purchased by the U.S. Department of Agriculture (USDA) but will be operated by personnel from Naval Facilities Engineering Command (NAVFAC), Hawaii at Joint Base Pearl Harbor-Hickam (JBPHH).

The CRB was discovered on JBPHH in December 2013 and shortly thereafter a team was This team is comprised of members

of the USDA, Hawaii Department of Agriculture (HDOA), NAVFAC Hawaii, JBPHH, University of Hawaii and other organizations.

The air curtain burner is an efficient incinerator that significantly reduces the amounts of ash and other particulates from being released into the environment. While the first one was purchased by the USDA, four more have been purchased by the Navy for use in the CRB removal effort.

The CRB uses mulch and other plant material to make nests for its eggs. To remove larvae and adults in the past, the nests were ground in a tub grinder, which would not efficiently destroy the eggs.

Composting has also been used to treat infested mulch by maintaining it at a high enough temperature formed to eradicate the beetle. to kill any beetles or eggs. The air curtain burner was acquired to



An air curtain burner is loaded with palm logs for incineration. Rotting palm trees can become material for coconut rhinoceros beetle nests.

completely exterminate nests and remove material that could potentially become a CRB nest.

The CRB has a hard black shell with a horn on its head. Adult beetles are nocturnal and can grow to more than 2 inches in length. The beetle feeds preferentially on coconut palm trees but will also feed on oil palms, other palm species, banana, sugar cane, papaya, sisal and pineapple. The CRB can often kill a palm tree when feeding on it, which makes it a very destructive species for Pacific islands.

Residents can report any sighting of the beetle to the state pest hotline at 643-PEST (643-7378). Information such as physical address and/or a description of where it was found is needed. Pictures of potential CRB may be sent to the following e-mail address: stoprhino @gmail.com.

Filmmaker, author speaks at Domestic Violence Awareness Month event

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam (JBPHH) Military and Family Support Center recently sponsored a guest speaker in honor of Domestic Violence Awareness Month which is observed in October. The Day of Unity is celebrated the first Monday of October.

Dr. Jackson Katz, American educator, filmmaker and author, spoke to audiences at Hickam Memorial Theater and Sharkey Theater at JBPHH, Kaneohe Bay Chapel and Schofield Chapel to bring awareness and provide information on gender violence prevention.

Katz is internationally recognized for his innovative work in gender violence prevention education and the co-founder of the Mentors in Violence Prevention (MVP) program, the leading prevention initiative in college and professional athletics.



Dr. Jackson Katz, American educator, filmmaker and author, speaks to service members at Hickam Memorial Theater at JBPHH. The event was held in observance of Domestic Violence Awareness Month.

"Everybody's talking about Ray Rice and the NFL, which is a good thing because it's a national conversation that's long overdue," said Katz

"Many of us will be having conversation for $_{\mathrm{this}}$ decades," said Katz. Katz also mentioned that because of the video and social media, more people are paying attention.

"Men of all ages, races, social and economic backgrounds are involved in gender and domestic violence. Mostly, the expectation is that it's a women's issue rather than a men's issue," said Katz.

The issues of domestic and sexual violence have been understood for too long as women's issues that some good men help out with. My

work is to help shift the sue, but instead as a men's paradigm," he said.

Katz noted that women have been at the forefront in the movement against sexual violence, sexual abuse of children, and sexual harassment and will continue to lead on these issues. He said their efforts have helped transform the way we think about the subject matter as well as begin to change institutional practices in terms of addressing it.

According to Katz, men need to take a more aggressive role in getting involved in this paradigm shift. Men should not be bystanders but stand up whenever there is an issue. They should mentor young boys and be positive role models. Also, he advised they shouldn't be silent if they see or hear a friend, family member or coworker behave badly toward women or express abusive attitudes. Silence may send a message of approval to other males, he said.

"Dr. Katz's message that

issue, is so important," said Juli Robertson, family advocacy program prevention and Military and Family Support Center.

"Men have the voices that need to be heard by their peers that domestic violence is absolutely unacceptable. Dr. Katz really drove this point home when he showed the clip of Australian Army Lt. Gen. David Lindsay Morrison addressing his male troops about their disparaging remarks about females.

powerful it can be for a man, especially a man in a leadership position, to stand up and speak out against not only gender discrimination, but also about the importance of accountability," Robertson explained.

"The standard you walk by is the standard you accept," Morrison pointed out in his message.

be looked at as a women's is- explained how males think is 449-7272 or 449-SARC.

these issues don't apply to them and how friends not speaking up reinforces behavior," said Blandine Reid, education specialist, JBPHH student intern from the University of Hawaii, working with the JBPHH Sexual Assault Prevention and Response office. "The power of not speaking up, I never looked at it that way," she said.

> "We're still in the process of making change, and it's amazing to see how much has changed as the result of women's efforts," Katz said.

"Not just women and girls "Morrison showed how have benefited, but also men and boys' lives have been affected in a positive way by women's leadership in addressing the issue," he added.

> "We are committed to this cause," said Col. David A. Kirkendall, commander of 647th Air Base Group.

For more resources from Katz, visit www.jackson katz.com. The hotline for the "The thing I found most JBPHH Sexual Assault Predomestic violence should not important is how Dr. Katz vention and Response Office

Mechanical engineers bring 'cool' innovation to shipyard

Danielle Jones

Pearl Harbor Naval Shipyard Public Affairs

For decades, all U.S. naval shipyards used the liquid nitrogen method to repair 4-inch elbow replacements on submarines. Over time, all four shipyards phased out use of the method because of lack of demand. Only Puget Sound Naval Shipyard and Intermediate Maintenance Facility and Norfolk Naval Shipyard continued to have the capability to do this specific maintenance repair work.

The Pearl Harbor Naval Shipyard came up with a sustainable solution to replace the long-standing liquid nitrogen freeze method. Code 2320 mechanical engineers, assistance and tools from other codes, conceptualized and created a vortexfree sealing that isolates 4-inch diameter pipes for specific elbow repairs, using compressed air and vacuuming techniques.

"We hadn't had a sub pair in decades," said Randall Imaoka, code 2320 mechanical engineer.

In the past, he explained, would have to be contracted



(Left to right) Code 2370's mechanical engineers. Rvan Naka, Noeau Camarillo and Randall Imaoka, put together their innovative freeze seal jacket chamber that uses vacuum techniques to isolate and freeze repair pipes on submarines.

out to Puget and would in- gust and November. Both former liquid nitrogen prooutreach support.

Naka, code 2320 mechanical engineer. "We wanted to prove that Pearl could do it."

volve more work time and submarines would need this cess and re-assess how it specific type of mainte-"We didn't want to give nance. The shipyard needed that needed this sort of re- up the work," said Ryan to offer a new solution that certification process that is would work quickly inhouse

The shipyard engineers

could do the maintenance without the training and essential to the liquid nitrogen method.

"At Puget, we demon-

able to do it with vertical 4inch elbow pipes."

Since the test results were better than expected, weights, creating additional they moved forward. The horizontal freeze worked flow characteristics. With well, it was time to figure out the freeze seal invention got betvertical elbow replacement freeze. The engineers returned to the shipyard with a solution that rethey needed to prove it would work.

Liesmyer, supported their efforts in perfecting the new method.

"The main focus was to support 'big picture' work for Pearl Harbor," Liesmyer said.

If the shipyard method could fix this issue, it would save the Navy time, money and increase personal safety measures.

Noeau Camarillo of code 2320 successfully created mockup pipes precisely measured elbow replacement casts to match the exact measurements used to create the vacuuming system.

The two upcoming submarine projects were scheduled close to each other and both By March, both engineers visited the pre-made elbow strated successful use of the needed personalized replacethis type of maintenance set out to prepare for a sub- replacement mockup at horizontal vortex method on ment jackets to fit their best-and continue to be marine project set for Au- Puget in April to look at the the mockup," Naka said. needs. As the team worked, the best-shipyard.'

"The next step was to be they went through multiple troubleshooting procedures to make the invention better, such as casting lighter spacing, and changing the so each improvement, the ter and better.

On the first submarine, use of the new method resulted in a lot of ice, so on placed liquid nitrogen with the next project, the team gasses and pressure. Now used the vacuum system to stop all ice buildup and to release gases appropriately. Their supervisor, Scott The new system vacuum minimized the leakage from the freeze seal air pressure that goes through the pipes.

"It's easier to make the air go out in the direction you want it to. With this new method, there is no need to stop work to refreeze or replace anything, which makes it a time saver," Imaoka said. "It requires less maintenance and is safer for our workers.

Speaking of the culture of innovation at the shipyard, Imaoka explained.

"If you want to try something new, it's possible. You can do things differently, and there are opportunities for that," he said. "This is how we can be the



October 17, 2014 Ho'okele A-8

Airmen hone skills during SERE water survival training

Story and photo by Staff Sgt. **Christopher Hubenthal**

Defense Media Activity -Hawaii

Aircrew members in all branches of service are required to complete survival, evasion, resistance and escape (SERE) training to endure and survive in case their aircraft goes down. Air Force airmen operating in an aircrew role receive this training but the continued cultivation of skills learned is required throughout their career.

Eight C-17 Globemaster aircrew members, one KC-135 Stratotanker aircrew member and two flight surgeons attended a triennial course designed to refamiliarize and hone their SERE knowledge Oct. 6, beginning with the water survival course

Staff Sgt. Jeffrey Ray and Tech. Sgt. Michael Garcia, 15th Operations Support Squadron SERE instructors, provided the instruction to strengthen these aircrew members' water survival knowledge as part of a weeklong course.

'Today was the kickoff," Garcia said. "Every 36 months, aircrew members go through a refresher require-



Air Force Airmen participate in a survival, evasion, resistance and escape (SERE) water survival refresher course Oct. 6 at Joint Base Pearl Harbor-Hickam.

duct continuation training events that can include emergency parachute training, combat survival training, and conduct after capture.

began instruction followed by hands-on training in Pearl comes down right on top of Harbor where aircrew members were tasked with rate from that canopy," Ray

water survival or code of con- equipment in a water environment. One task had aircrew

members navigate their way out from under a parachute canopy.

"The canopy disentangle-The day of instruction ment is necessary when with classroom there is typically not a lot of wind and when the canopy them and they have to sepademonstrating proper proce- said. "We teach them the ment to get trained on all dures of using survival proper way of not overreact-

ing and how to get out by using the simplest and most direct method."

training tested the participants in properly disconnecting themselves with a parachute harness while being dragged in the water.

caught by wind as they're in and survival techniques over the water and will potentially drag them, so we have

from that canopy safely and then get into the one man life raft after that," Ray said. "So Another portion of the if there are high winds pulling them, they have to release correctly from that." According to the instruc- said. tors, it's important for aircrews to retain the knowl-

the water. them go through the proper for these individuals to Joint Base Pearl Harbortechniques on how to release accomplish this training Hickam.

every 36 months because it's a perishable skill," Garcia said.

"They go through SERE training when they initially go through the pipeline training of their career field and if that was 13 years ago, there's no way they are going to remember how to work all that survival equipment. There are hundreds of items that we expect these aircrew members to remember. It's very important to revisit this training and that can be the difference between life and death," Garcia said.

Air Force Maj. Jamielyn Thompson, 204th Airlift Squadron assistant director of operations and SERE refresher course student, explained why the training is so important for her.

"Obviously we would never want to have to ditch the aircraft but in the rare chance that we would, having this refresher training every three years helps familiarize us with our emergency equipment as well as how we would respond in any situation," Thompson

SERE refresher training is conducted once a month, 12 "The parachutes get edge of survival equipment months a year, to ensure that all aircrew members are able to fulfill their triennial "It's absolutely necessary training requirements at

USS La Jolla heads for decommissioning, to become MTS

Continued from A-1

Retired captain and former commanding officer of La Jolla, Jeff Fishbeck, was on hand to speak about his experiences in command of La Jolla as the ship's fourth commanding officer. He said he was truly honored to have commanded La Jolla, work with the Sailors, and meet their families.

"The officers and crew were just incredible," said Fishbeck, who is from San Diego, Calif. "I had a wardroom of real professionals

Jolla which is: we are a clean boat, said. we are the best in everything we do.

"We were first in a lot of things that are done here in the submarine force," said Fishbeck. "It is truly a ship that could do everything that it was asked to do and it was asked to do quite a bit."

The former CO spoke of the sub's sponsor, the late Shirley Wilson, who was a driving force behind La Jolla. Wilson embodied the spirit of the ship, took great

that passed on the legacy of La care and pride over the ship, he

The ship's bell will soon be donated by the Navy in honor of Shirley Wilson. It will be displayed at the Maritime Museum of San Diego

Fishbeck presented Sawyer with a poster of the submarine as well as a copy of the publication, "Mains'l Haul: A Century of Submarines in San Diego" as a token of appreciation for Sawyer's service as the 10th commanding officer on La Jolla.

expressed their memorable experiences while serving on board the submarine. Sonar Technician Seaman Joseph Morgan has been on the La Jolla for nine months and said it is an experience he will never forget.

"The La Jolla experience is very memorable for me," said Morgan, who is from Santa Ana, Calif. "The during the long days, I knew I had siles.

Many Sailors of La Jolla someone there with me that was pulling their weight and keeping me going." Named for La Jolla, Calif., it is

the first warship named after the township. Commissioned Oct. 24, 1981, La Jolla is the 14th ship of the Los Angeles-class of nuclearpowered, fast attack submarines, is 360-feet long and displaces 6,900 tons. The submarine can be thing I will remember most about armed with sophisticated Mark-48 the La Jolla is her crew, how lively ADCAP anti-submarine torpedoes and enjoyable they made it. Even and Tomahawk-guided cruise mis-

Life&Leisure

Federal Fire Department promotes awareness

Story and photos by **Fire Inspector Angela Sanders**

Adults and children of all ages stopped, dropped and rolled their way through educational fire safety booths during National Fire Prevention Week, Oct. 5-11.

The Federal Fire Department Hawaii held several events on military installations throughout the week, including at Joint Base Pearl Harbor-Hickam, to promote this year's campaign message, "Working smoke alarms save lives: test yours every month."

The Federal Fire Department Hawaii Prevention Division observed National Fire Prevention Week by informing the public through various demonstrations on the importance of testing your smoke alarms. Adults were instructed

on how to properly use a portable fire extinpeting against each other for the fastest time by using the new state of the art BullEx laser-driven fire extinguisher erywhere can say 'job well done,'" said training system. Adults were also instructed on how to safely extinguish a stove-top fire.

Children were put to the test as well by demonstrating how to stop, drop and roll and learned the emergency contact number of 911. Families were able to tour the fire trucks, try on firefighters gear and take photos with Sparky the Fire Dog.

"I have been in the fire service for over 35 years and Fire Prevention Week has always been a special

time for me. The time spent talking and interacting with the communities passing

guisher and were put to the test by com- safety message provided by this event ev- The fire began on Oct. 8, but continued on ery year saves even one life from being lost in a fire, then, fire departments ev-Jeffrey Fernaays, fire prevention chief.

According to the latest National Fire Protection Association research, working smoke alarms cut the chance of dying in a fire in half. However, almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms, usually because batteries are missing, disconnected or dead.

"A properly installed and tested smoke detector does in fact save lives and in some cases can minimize the damage in the event of a fire," said Shannon Gipaya, fire inspector.

Fire Prevention Week was established to commemorate the Great Chicago Fire on fire safety tips and in 1871 that killed more than 250 people, seeing the smiling left 100,000 homeless, destroyed faces of future fire- more than 17,400 structures and fighters. If the fire burned more than 2,000 acres.

and did most of its damage on Oct. 9, 1871

Since 1922, Fire Prevention Week has been observed on the Sunday through Saturday in which Oct. 9 falls. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record.

For more information about the Federal Fire Department, call Angela Sanders, fire inspector at 471-3303, ext. 617 or email angela.sanders1

@navy.mil. For more information about smoke alarms and the message "Working smoke alarms save lives," visit NFPA's Website at www.fireprev entionweek.org.

L FIRE SAF



CHILDREN

October 17, 2014 Ho'okele B-2 Port Royal bounces back with shutout over Chung-Hoon

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

After experiencing their first defeat in the previous week, USS Port Royal (CG 73) returned with a vengeance and unleashed a blistering attack to wallop USS Chung-Hoon (DDG 93) Koa Kai, 26-0, on Oct. 11 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win put Port Royal back on the winning track after opening the season with three straight victories before dropping a 26-6 decision to USS Chafee (DDG 90) Bulldawgs.

Playing against the 4-1 Chung-Hoon, Port Royal came out on fire, scoring on their first drive and stayed in control from wire to wire.

"We got really complacent because there wasn't much competition in the first weeks," said Port Royal quarterback Information Systems Technician 3rd Class Angelo Messina. "Last week, we had a good turnout on Monday and on Friday (practice) and it showed."

While the Port Royal's defense was constantly burned by the Chafee on third- and fourth-down conversions, against Chung-Hoon, the team—especially the defensive secondary-was back to its lockdown style of play.

After scoring on their first drive, another scoring jaunt to take a 14-



Seaman London Waldon bats away a pass while surrounded by USS Chung-Hoon (DDG 93) Koa Kai receivers.

0 lead going into halftime.

Starting at their own 15, Messina quickly moved the ball upfield on back-to-back rushes to move the chains to the 30.

Three straight completions by Messina gave Port Royal a firstand-goal on the 19 before the QB Port Royal immediately went on found Seaman Michael Elzen, who made a fingertip catch just outside

the goal line and then tiptoed into Messina went back on the run and the end zone.

Coming out of halftime, Port Royal continued to dominate on defense and forced a stop by Chung-Hoon on the 30-yard line.

Messina completed two passes for a total of 15 yards to place the football on the Chung-Hoon 15. Following an incompletion,

used his legs to motor down the right sideline and into the end zone for a 20-0 advantage.

With Koa Kai's back against the wall, the team was forced to go to the air and, Port Royal's tight defensive backfield stepped up to the challenge.

On Chung-Hoon's second play

from their own 15, Seaman London Waldon picked off a pass to give Port Royal good field position at the Koa Kai's 29.

The pick set up Port Royal's final score of the day before the game was called at the twominute mark due to the league's 20-point mercy rule.

"We just went back to the books and got back to the basics of the defense," said Waldon about the team' shutout. "We had to eliminate their (Koa Kai) offensive line because in the last game, they (Bulldawgs) moved our defensive line and scrambled us, so we had to go back to the drawing board."

Besides a great performance by Port Royal's defense, Messina said that getting a fast start on offense made all the difference in the world.

"Last week, we were playing from behind the whole game, which really messed us up," Messina said. "Today, we elected to take the ball first, got a lead and then kept moving the ball on every drive.'

By keeping the pressure on defense and offense, Port Royal resembled the team that was expected to be the frontrunner in the Afloat Division.

While no team wants to lose, Waldon hinted that losing to the Bulldawgs might have been a good wakeup call for him and his teammates.

"That (loss to Chafee) was definitely motivation and fuel for the fire," Waldon said. "I definitely feel that."

Pearl Harbor Memorial Chapel to hold harvest festival

Brandon Bosworth

Assistant Editor, Ho'okele

Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam will hold a harvest festival from 5 to 8 p.m. on Oct. 24

The free event will feature a Hawaiianstyle dinner, carnival type games, kids' crafts, bounce house, an inflatable obstacle course and a puppet show. There will val a week before Halloween, kids will be be trick-or-treating, and kids are encouraged to wear costumes. Activities at the event are wholly staffed by chapel volunteers

"The festival is for everyone here at joint base, not just those who attend the chapel," said Chaplain Cmdr. George Mendes. "It's a chance for us to reach out to the joint base community.

Mendes added that by holding the festi-

able to dress up and celebrate two times instead of just once.

"This is a great opportunity to enjoy some Halloween fun in a safe, friendly, environment," said Marta Linzy, Protestant director of religious education. "Chaplains and chapel members will be on hand to answer any questions about chapel services or other chapel events. Everyone is welcome!' For more information, call 473-3971



PACAF takes first place in AF Marathon challenge

Headquarters Pacific Air Forces Public Affairs

The Pacific Air Forces team recently placed first in the Air Force Marathon Major Command team challenge based upon composite scores from both the full and half marathons held Sept. 20 at Wright-Patterson Air Force Base, Ohio.

The total run time for the half marathon team was 9:07:38 with an average time of 1:31:17, earning the team first place. The PACAF team consisted of six members, including Col. Dondi Costin, Headquarters PACAF, Joint Base Pearl Harbor-Hickam (JBPHH); Capt. Allison Easterly, Joint Base El-mendorf-Richardson, Alaska; 2nd Lt. Herman Reinhold, Yokota Air Base, Japan; Staff Sgt. Joshua Johnson, Osan Air Base,



Airman Lauren Weimer, Joint Base Pearl Harbor-Hickam, Hawaii; and Airman 1st Class Andrew Riesenberger, Osan AB. Their individual run

times were as follows: Riesenberger - 1:19:17,

Johnson - 1:27:45, Costin -1:30:12, Reinhold - 1:30:38, Easterly - 1:37:24, Weimer - 1:42:33.

The PACAF full marathon team took second place in the team challenge with an overall run time of 13:53:40 and an average time of 3:28:25. Team members included Maj. Luke Casper, Misawa Air Base, Japan; Master Sgt. Karissa Gunter, Andersen Air Force Base, Guam; Master Sgt. Traveller Hill, JBPHH; and Senior Airman Kevin McInerny, Eielson Air Force Base, Alaska.

Their individual run times were as follows: Casper - 3:09:37, Hill -3:14:52, McInerny 3:15:18, Gunter - 4:14:17.

Participants, including the Pacific Air Forces team, begin the Air Force Half Marathon held Sept. 20 at Wright-Patterson Air Republic of Korea; Senior Force Base, Ohio. The PACAF team won first place in the half marathon Major Command team challenge.

Lady Paniolos go for repeat against Wahine Koa

Story and photos by Randy Dela Cruz

Sports Editor, Ho`okele

After rolling to their second straight undefeated regular season, the Lady Paniolos earned the right to defend their Ohana Sports Alliance women's flag football title after dispatching the Wardawgs, 31-0, on Oct. 12 in a semifinal showdown at Keehi Lagoon Park.

The championship game will be played at Keehi Lagoon Park on Oct. 19 starting at 4 p.m., where the Paniolos will meet their old nemesis Wahine Koa, who held the title for three consecutive seasons before getting their streak that for snapped by the Lady Ps.

Both the Lady Paniolos and Wahine Koa are a mixture of civilians and active-duty military or armed forces family members.

For the first time, Wahine Koa had to battle from the first round of the playoffs, but the team responded by defeating the Sugar Skulls, 25-6, before beating the Bombshells, 24-0, to advance to their fifth championship game in a row.

Despite beating Wahine Koa twice during the regular season, say, I'm nervous." Against the Wardawgs, the Paniolos showed everyone just how dominant they could be by excelling in every aspect of the

game. Not only did the team's offense post three touchdowns, but the Paniolos defense scored twice and the special teams also got on the scoreboard.

In order to keep the team sharp, McDade revealed that he might hold three practices

Meanwhile, on de-

instead of the usual two.

fense, Shandale Graham, Paniolos defensive coordinator, said him,

big hurrah. "I keep telling them that the regular season doesn't matter," he said. "They rose to the occasion exactly as they need to. If we can get this same team to play next weekend, I believe we can take it home.'

The 49 points scored on Sunday represented a great improvement for Wahine Koa, which struggled to find their groove under the direction of first year offensive coordinator Gas Turbine System (Mechanical) 2nd Class John Lennon.

After losing starting quarterback Dana Hester, Lennon has retooled the offense back to health with Crytologic Technician (Technical) 2nd Class Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, behind center.

"We adjusted, did our homework every week and used every game to see our flaws and fix them," Lennon said. "I think our offense is fine. It's just practice, practice, practice. You have to make adjustments from the players to the coaches down."

For McDade, after reaching the top of the mountain last season, he said that anything else would be a disappointment.

Paniolos head coach Army Sgt. Marcello McDade said that he is not taking anything for granted.

"It happens. Trust me it happens," McDade said about the possibility of falling short. "I remind them that any given Sunday, anybody can be beat. You let your guard down and all it takes is one touchdown and that's your season. So for me, I try to keep them hungry, but keep them grounded. But we've beaten everybody and when you haven't been tested, it's hard to



August Young, who has been the Koa's head coach throughout air, we want to spoil it (Paniolos Everybody plays as one. We Wahine Koa has awoken from while the team has stumbled a bit n't just beat us during the regular don't have individuals on their disappointing 2-3-1 season this season, he is confident that season, they commanded it. So I this team. It's all one unit. just in time to make their fifth the gals are ready for one more want to make them play."

"Predictions? Lady Ps get the trophy," McDade said. "Like I said, it does us no good to get there and walk away with a loss.'

Young, who will be PCSing at the end of this year with wife Hospital Corpsman 2nd Class Adriana Tirado-Young, Naval Operation Support Center, said he can think of nothing better than to leave Hawaii as a champion.

"As bad as we want to breathe

NIOC X-Div controls Bushmasters from wire to wire

Story and photo by **Randy Dela Cruz**

Sports Editor, Ho'okele

Clinging to a 7-6 lead at halftime, Navy Information Operations Command (NIOC) Hawaii X-Div outscored the 25th Air Support Operation Squadron (25 ASOS) Bushmasters, 21-6, in the second half to score a 28-12 victory on Oct. 14 in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Quarterback Cryptologic Technician (Maintenance) 3rd Class Michael Quash led scoring drives of 25, 65, 4 and 65 yards for X-Div, while the team's defense limited the Bushmasters to one touchdown in each half to raise NIOC's record to 4-2.

Things haven't gone quite as easy for the Bushmasters this season as the hard-luck team continues to struggle with a 1-5 record.

"Every game is a must-win in this league," Quash said. "Every win is important.'

The Bushmasters started off with the ball but saw their first drive stall after picking up only 10 yards.

Instead of punting on fourthand-long, the Bushmasters rolled the dice and went for it but failed in 15 out to the 32.

their attempt to pick up the first down.

Getting the ball in good field position at the Bushmasters' 25, Quash needed only three plays before hitting receiver Cryptologic Technician (Collection) 1st Class Anthony Craig inside the end zone on a short five-yard toss.

The converted extra point gave X-Div an early 7-0 lead, which seemed to be good enough to stand until halftime.

However, with only 1:04 remaining on the clock and the ball resting on the Bushmasters' 15, quarterback Capt. Christopher Curtis ran the hurry-up-offense to perfection and marched the team downfield for a touchdown in only 52 seconds to bring his team to within one point going into the half.

On the final play of the drive, Curtis connected on a six-yard scoring pass to Capt. Josh Hamblin.

"We kind of changed our defense Quash explained about the up," Bushmasters' quick score. "But we knew what we could do on offense."

True to his words, Quash came out and led the team on a five-play, 65-yard drive for the team's second touchdown down of the day.

Quash came out of the break on fire and connected on his first two passes to move the football from the



Zack Main, a military family member, reaches up to make a catch before turning upfield to score six for Navy Information Operations Command (NIOC) Hawaii X-Div.

eight yards to go, came up with a pass-and-catch touchdown. clutch completion to Zack Main, a

After misfiring on the next two the grab for the first and then plays, Quash, on fourth down and turned it upfield for a 48-yard,

"They (Bushmasters) had covermilitary family member, who made age on the outside, but on the

inside, it was just snap and release," Main said. "I just tried to get the first down. I caught it, didn't feel anything, so I kept going."

After gaining a 14-6 lead, the X-Div defense turned red hot as the unit dropped the Bushmasters back from the 15 to the four.

Needing to catch up, the Bushmasters went for it on fourth down deep in their own territory, but they failed to convert and were forced to hand the ball over.

On the first play from the four, Quash scrambled in for a touchdown before completing a pass to finish off a two-point conversion for a commanding 22-6 lead

The Bushmasters answered with a touchdown on a five-yard pass from Curtis to Staff Sgt. Jeff Mcelnaney, but Quash ended the night with a 53-yard bomb to Chief Cryptologic Technician (Collection) Stephan Zakarauskas.

The win not only kept X-Div among the top teams in the Red Division but also goes a long way toward the respect that the team desires.

"Everybody on this team has a chip on their shoulders because we're quote-unquote our command's second team," Quash said. "But we don't look at it that way. We come out here and compete every Tuesday."

October 17, 2014 Ho'okele B-4



Live the Great Life

JBPHH Fitness Center offers free program to get fit for duty

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Fitness Center offers a free program called Navy Operational Fitness and Fueling System (NOFFS), which provides physical training to Sailors and Airmen to meet the needs of their active operational requirements. The training includes pushing, pulling, lifting and carrying.

"The program is beneficial for everyone and has support with more than 400 evidence-based sources, along with a cadre of subject matter experts that put this mate goal of the program is to decrease injuries (specifically musculoskeletal), i.e. sprains, strains and stress fractures," said Mark Mc166616

NOFFS helps personnel meet the physical requirements to perform their duties.

training director.

The NOFFS system inprogram together. The ulti- cludes sandbag, endurance, strength and rejuvenation phases. In addition, the system has a fueling phase, which is the nutrition component including

and calories.

"This can be used on any platform to include airframes, helicopters, submarines, surface ships and large decks (i.e., carriers), fitness anywhere around the world in the sand, in the mountains, wherever

land said.

NOFFS is a worldwide program. For more information, call 471-2021 or visit greatlifehawaii.com or Navyfitness.org/fitness /NOFFS.



How to submit: Email your (non-posed) photos to editor@hookelenews.com

with MWR 🖪 🔽 Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii. Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

Your Weekly Fun

Wood Shop Safety class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. Upon completion, participants will be issued a safety certification card enabling them to use the shop tools and equipment and to go on to more advanced woodworking classes. The cost is \$20. FMI: 448-9907.

NFL Football Sunday will begin at 6:30 a.m. Sunday at J.R. Rockers Sports Café. There will be a special breakfast menu for \$7.50 for Air Force Club members and \$9.50 for non-members. FMI: 448-2271.

Gridiron Breakfast will be held from 7 to 11 a.m. Sunday at Brews & Cues. Patrons can watch NFL football games and eat free fruits and pastries. FMI: 473-1743.

Ford Island & Battleship Tour will be held from 8 a.m. to noon Oct. 22. Round-trip transportation from the Information, Tickets & Travel (ITT)-Hickam office is included. FMI: 448-2295.

Anime & Entertainment Art class will be held from 3:30 to 5 p.m. every Wednesday from Oct. 22 through Nov. 19 at the Hickam Arts & Crafts Center for youth ages 12 years and older. Tuition is \$65. FMI: 448-9907.

Liberty's Barracks Bash will be held from 5 to 7 p.m. Oct. 23 at Hickam Barracks, building 1805. This free event is for single, active-duty Airmen and Sailors only. FMI: 473-2583.

Mongolian Barbecue will be offered from 5:30 to 8 p.m. Oct. 23 on the Ianai of the Historic Hickam Officers' Club. A variety of meats, vegetables and sauces will be available for 85 cents per ounce. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. Oct. 24. The tour departs from the ITT-Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

Intramural Racquetball Tournament will be held from 8 a.m. to 4 p.m. Oct. 25 at the Hickam Fitness Center. The tournament is open to authorized fitness center users 18 years and older. Awards will be given to the first- and second-place winners in men's and women's categories. There is no fee to enter. The sign-up deadline is Oct. 20. FMI: 448-2214.

Photo courtesy of Mark McFarland

our active duty are, they can use this program," McFar-

OCTOBER

BAYFEST IS CANCELED

BayFest, scheduled for Oct. 17-19 at Marine Corps Base Hawaii Kaneohe Bay, has been canceled due to emergency preparations in advance of Tropical Storm Ana. Tropical Storm Ana is currently tracking a direct path to hit the Hawaiian Islands this weekend. MCB Hawaii is now shifting focus from the planning and execution of a community relations event, to planning emergency support for onbase personnel and their families, as well as the neighboring community, should it become necessary. Pre-purchased tickets will be refunded. For refund information, call Information, Tickets and Tours at 254-7563. FMI: www.bayfesthawaii.com for updates and information.

LANE CLOSURES ANNOUNCED

NOW — Ongoing through Oct. 22, turn lanes into the parking lot next to the Pacific Air Forces (PACAF) headquarters building are closed off daily from O'Malley Boulevard and Atterbury Circle to access communication manholes. The work schedule will be from 9 a.m. to 2 p.m. Vehicle and pedestrian traffic control will be provided during the lane closures by the contractor, including signs, cones and flag personnel. Motorists should seek alternate routes during this time and plan for delays. In addition, the outbound lane of Kuntz Gate will be closed from Oct. 20 through Dec. 3 for repaving. Motorists should obey all lane closure signs and traffic cones, which will be posted throughout the repair work. Large trucks exiting the base should use O'Malley Gate.

VEHICLE REGISTRATION OFFICE CLOSED

NOW — The City & County of Honolulu's Pearl Harbor Satellite Vehicle Registration Office is temporarily closed until further notice. Visit one of the other nine satellite city hall locations on Oahu: http://www1.honolulu.gov/csd/satellite/.

A BETTER YOU EXPO

NOW TO 28 — A Better You Expo will be held from 10 a.m. to 2 p.m. daily at the Pearl Harbor Navy Exchange, second floor. The event will include participation from Morale, Welfare and Recreation fitness, Naval Health Clinic Hawaii, Tripler Army Medical Center and other health care organizations. FMI: 423-3287 or email Stephanie.lau@nexweb.org.

COMBINED FEDERAL CAMPAIGN

NOW — The 2014 Hawaii-Pacific Area Combined Federal Campaign (CFC) began Sept. 15 and will continue through Oct. 31. The CFC is the annual fund-raising drive conducted by federal employees in their workplace. The mission of the CFC is to encourage philanthropy and to provide all federal employees the opportunity to improve the quality of life for all. FMI: www.cfc-hawaii.org.

USS ARIZONA MEMORIAL SHRINE ROOM WORK

NOW — The National Park Service is replacing the marble panels on the shrine room wall. During the next month, access to the shrine room will be limited. Wreath presentations should be considered for the area near the flagpole or viewing well. Work days will be after public hours until approximately 10 p.m.

TRAFFIC PATTERN CHANGE

NOW — Tripler Army Medical Center (TAMC) Ohana Directorate of Emergency Services has initiated a traffic pattern change at the TAMC gate. Between the hours of 2 to 5 p.m., the merge will move from its previous location after the gate to its new location after the speed bumps on Krukowski Road to reduce the risk of a motor vehicle accident. The left lane for outbound traffic starts after the traffic board between the hours of 2 to 5 p.m., Monday through Friday (excluding holidays). FMI: 433-2809.

BIKE PATH CLEANUP CANCELED

The Pearl Harbor Bike Path cleanup led by the City and County of Honolulu scheduled for Saturday has been canceled due to the approach of Tropical Storm Ana. FMI: FMI: Lt. j.g. Eric Galassi at 473-0660 or email HYPERLINK "mailto:eric.galassi@navy.mil" eric.galassi@navy.mil or Tom Clements, Navy Region Hawaii outreach at 473-0662.

AMOW HAUNTED HOUSE

OCTOBER — The 515th Air Mobility Operations Wing (AMOW) Booster Club will conduct its first haunted house fundraiser at building 1050 on Vickers Avenue from 6:30 to 8:30 p.m. on Oct. 17-18 and 24-25 and from 8:30 to midnight on Oct. 31.

HARVEST FESTIVAL

24 — A Harvest Festival will be held from 5 to 8 p.m. at Pearl Harbor Memorial Chapel. The event will include costumes, free food, games, bounce houses, a puppet show, crafts and candy. FMI: 473-3971.

BELLOWS BOOFEST

25 — Bellows Air Force Station will be held from 5 to 9 p.m. at Turtle Cove. Admission is free. The event will include a haunted village, costume contest, "trunk-or-treat," decoration stations and movies under the stars. The event will also include prizes, giveaways and food and beverages available for purchase. The event is open to active duty military members, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: 259-4112 or www.bellowsafs.com.

ADOPT A FURRY FRIEND

25,26 — Oahu SPCA will be in attendance from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange pet shop with dogs and cats available for adoption. The staff can walk patrons through the process of adopting to take pets home that day. Patrons are encouraged to arrive early for the best selection. FMI: 423-3287.

ANNIVERSARY OF VIETNAM WAR

30 — Marking the 50th anniversary of the Vietnam War, pilots will reunite for a panel discussion and book signing beginning at 3 p.m. in hangar 37, Pacific Aviation Museum Pearl Harbor. Guest speakers include Gen. Lori Robinson, commanding general of Pacific Air Forces, Misty 40 pilot Dick Rutan and Air Force Maj. Gen. Don Shephard. The museum's North American F-100 Super Sabre will be dedicated to Col. George "Bud" Day, Vietnam prisoner of war and Medal of Honor recipient at 5 p.m. FMI: 441-1000 or www.pacificaviationmuseum.org.



AS ABOVE, SO BELOW (R)

Miles of twisting catacombs lie beneath the streets of Paris, the eternal home to countless souls. When a team of explorers venture into the uncharted maze of bones, they uncover the dark secret that lies with this city of the dead.

SHARKEY THEATER

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TODAY 10/17 7:00 p.m. This Is Where I Leave You (R)

SATURDAY 10/18 2:30 p.m. Dolphin Tale 2 (PG) 5:00 p.m. No Good Deed (PG-13) 7:00 p.m. A Walk Among the Tombstones (R)

SUNDAY 10/19 2:30 p.m. Dolphin Tale 2 (PG) 5:00 p.m. This Is Where I Leave You (R) 7:10 p.m. As Above, So Below (R)

THURSDAY 10/23 7:00 p.m. No Good Deed (PG-13)

HICKAM MEMORIAL THEATER

TODAY 10/17 6:00 p.m. No Good Deed (PG-13)

SATURDAY 10/18 4:00 p.m. No Good Deed (PG-13) 7:00 p.m. This Is Where I Leave You (R)

SUNDAY 10/19 2:00 p.m. Dolphin Tale 2 (PG)

THURSDAY 10/23 7:00 p.m. A Walk Among the Tombstones (R)

October 17, 2014 Ho'okele B-6



some tips to create a ghoulishly great Halloween for children and pets.

Tips for kids and teens

Some children already know things that they can do to be safe, like how to cross the street and not to talk to or go with strangers. But or just assume that drivers see them chocolate, electrical cords and canthey can sometimes forget to be automatically. Drivers should stay careful. Some of these ideas are on the defensive so they won't have called "common sense" ideas, which a problem while driving on www.hickamcommunities.com.

Hickam Communities has offered means that they are things that peo-Halloween night. ple should know and use every day No scaredy cats this Halloween in life.

Tips for driving on Halloween

Children and adults tend to be preoccupied and may not pay as much attention to safety as they should. They may not see a vehicle

Attention, animal lovers, it's almost the spookiest night of the year. The ASPCA recommends taking some common sense precautions this Halloween to keep pets safe, such as keeping them away from dles, and keeping them indoors.

For more information, visit

Scare up some fun with Halloween-themed events

Joint Base Pearl Harbor-Hickam

Morale, Welfare and Recreation

Joint Base Morale, Welfare and Recreation will hold a variety of activities this month to celebrate Halloween.

make their own Halloween mask from 3:30 to 5:30 p.m. ness gymnasium, Bloch on Oct. 21 and 28 at the Arena. The cost is \$5 per Hickam Arts & Crafts Center. The cost of the event is \$50, which includes supplies. For more information call 448-9907.

• Preschool storytime featuring stories with the Halloween theme will be held from 9 to 10 a.m. Oct. 22 at the Joint Base Pearl Harbor Hickam Library. For more information call 449-8299.

• A free spooky movie and costume contest will begin at 6 p.m. Oct. 24 at Hickam Pool 2. Signups begin at 5:30 p.m. Judging will be by the other patrons at the pool. For more information call 260-9736.

• Patrons ages 12 and older can make origami decorations for Halloween from 10:30 a.m. to noon Oct. 25 at the Hickam Arts & Crafts Center. The cost is \$20 per session, which includes supplies. No folding experience is needed. For more information call 448-9907.

• A free zombie 5K run will begin at 8 a.m. Oct. 25 at the Hickam Fitness Center. Awards will be given to the top two finishers in men's, women's and youth ages 17 and younger categories. For more information call 448-2214.• A free candy hunt will begin at 1 p.m. Oct. 26 at Scott Pool for children ages 2 to 12. Children can dress up in their Halloween costumes and hunt for candy in the field by the pool. For more information call 473-0394. • Haunted Hawaii ghost stories will be held at Dole Plantation with Liberty on Oct. 26. Patrons will leave at the following times and locations: Express at 6 p.m., Beeman at 5 p.m., Instant at 5:15 p.m. and Makai Recreation at 5:30 p.m. The free event is for single, active-duty Sailors and Airmen only. For more infor- more information call 448- and Airmen only. For more mation call 473-2583. 9959 or 473-2574.

• Liberty's Halloweenthemed "No Dough Dinner" will be held from 5 to 7 p.m. Oct. 29 at Beeman Center. This free event is for single, active-duty Sailors and Airmen only. For more information call 473-2583.

• A gymnastics "spooktac-• Youth ages 7 to 14 can ular" will be held from 4 to 8 p.m. Oct. 30 at the youth fithour for members and \$7 per hour for nonmembers. Prizes will be awarded at 5 and 7 p.m. for the most unique costume. For more information call 422-2223.

> • Halloween costume parties for patrons ages 12 and under will be held from 2:30 to 4:30 p.m. Oct. 31 at Hickam Bowling Center and Naval Station Bowling Center. Bowling games are \$1.50. Shoe rental is \$1.50. The event will also feature free punch and cookies. For

• A free "trunk or treat"

event will be held from 3:30 to 5:30 p.m. Oct. 31 at Lock-In will be held from 8 Hickam Beach. Patrons can pre-register at the MWR Outdoor Recreation-Hickam Harbor office. For more information call 449-5215.

• A Halloween bowling party will be held from 5:30 to 8:30 p.m. Oct. 31 at the Escape Bowling Center, Wahiawa Annex. Bowling games are \$1.50, and shoe rental is \$1.50. For more information call 473-2651.

• A haunted plantation with Liberty event will be held on Oct. 31. Participants will leave from the following Liberty locations at the following times: Express at 6 p.m., Beeman at 6:30 p.m., Instant at 6:45 p.m. and Makai Recreation at 7 p.m. The cost of the event is \$20 and includes a front-of-theline pass. This event is for single, active-duty Sailors information call 473-2583. • "Nightmare on McChord

Street, Part II" Teen Center p.m. to 7 a.m. Oct. 31 to Nov. 1 at the Hickam Teen Center. The event is for youth ages 13 to 18. The cost is \$25, or \$20 with a canned food donation. The event will include scary games and a costume contest. Teens need to have a current registration form on file in order to attend. The form can be downloaded from www.greatlifehawaii.com or patrons can stop by the teen center. For more information call 448-0418.

• A free Halloween costume party will begin at 11:30 p.m. Oct. 31 at The Country Bar. Participants should register by 11 p.m. Prizes will be awarded for best male costume, best female costume and best overall couple. For more information call 473-1743.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood. dod.mil for the latest information.

Currently scheduled drives include:

• Oct. 22, 9 a.m. to 1 p.m., Commander, Pacific Fleet, BOQ Volcano Room, Joint Base Pearl Harbor-Hickam.

• Oct. 28, 9 a.m. to 1 p.m., 45th Sustainment Brigade, Schofield Barracks.

• Nov. 3 and 4, 9 a.m. to 1 p.m., 3rd Radio Battalion, Marine Corps Base Hawaii.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd. army.mil.